

Interfaith Hospitality Network



IHN Families Learn Yoga, Healthy Cooking

IHN families recently completed the first module of H.E.A.L. (Health, Education And Literacy) by participating in weekly yoga and healthy cooking activities.

Administered by the GrassROOTS Community Foundation and funded by The Healthcare Foundation of New Jersey, this program operates with the goal of contributing to the health and well-being of vulnerable populations and disadvantaged communities, most particularly women and girls.

Toward that end, parents and children met on Monday evenings to learn the basics of yoga, a practice that they can use throughout their lives to improve strength, flexibility, stress reduction and more.

They also participated in cooking sessions to learn about planning healthy meals, the benefits of cooking together, and how to read and apply nutritional information. After a short break, families will embark on the next module of this program.

It is our hope that IHN families will put the practices learned from the H.E.A.L. program into action so that parents and children alike can realize the benefits of a healthier lifestyle.

Interfaith Hospitality Network of Essex County (New Jersey)

We help homeless families — parents and children — who are in need of shelter. We give them a place to stay and three meals a day by housing them at our network of churches and synagogues. While they're in our shelter network, we work with moms and dads on a plan that addresses the issues that led to their homelessness. Goals are set and parents are compassionately guided to take the steps necessary to find a home and become self-sufficient. Does your family need emergency shelter? Call IHN at 973-746-1400, Monday-Friday, 9 a.m.-5 p.m.